COMMUNITY

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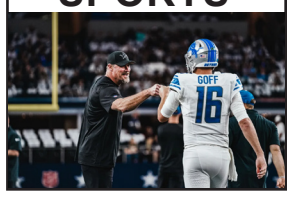
EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 35, #9 • **January 4, 2024**

SPORTS



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Lions Hosting a Playoff !!!

El transformado paisaje del Suroeste de Detroit

Por EL CENTRAL

Cambios significativos en el paisaje del suroeste de Detroit se aproximan este 2024. Se espera que cientos de nuevas viviendas y espacios comerciales de primera, lleguen al mercado. En total, se están construyendo más de 500 unidades residenciales en los códigos postales 48209, 48210 y 48216 y de ellas, un tercio (al menos 167) tendrán un precio inferior al del mercado (30-80 % del AMI). El resto de las unidades se considera a precio de mercado y ayudarán a acomodar la afluencia de nuevos residentes que se espera como resultado de grandes proyectos de desarrollo como la apertura de Michigan Central este año.

Muchos de los proyectos actualmente en construcción, se remontan a esfuerzos integrales de planificación de participación comunitaria, patrocinados por la ciudad de Detroit que datan de hace años, incluido el Marco Vecinal del Corredor West Vernor (mayo de 2018) y el Marco Vecinal del Gran Corktown (noviembre de 2020).

cont. en la pág. 8

The Changing Landscape of Southwest Detroit

By EL CENTRAL Staff

Significant changes are coming to the landscape of Southwest Detroit in 2024. Hundreds of new housing units and prime commercial spaces are expected to hit the market this coming year. In all, more than 500 residential units are currently under construction in Zip Codes 48209, 48210 and 48216 and of these, one third (at least 167) will be priced at below market rates (30-80% AMI). The balance of the units are considered market rate and those will help accommodate the influx of new residents expected as a result of large development projects like Michigan Central opening this year.

Many of the projects currently under construction date back to comprehensive community engagement planning efforts sponsored by the City of Detroit years ago, including the West Vernor Corridor Neighborhood Framework (May 2018) and the Greater Corktown Neighborhood Framework (November 2020).

cont. on pg. 8

Artist's rendering of The Brooke on Bagley which will be among the first new housing projects to accept applications in 2024

Wolverines Heading To NCAA Football Championship Game !!!

The #1 University of Michigan Wolverines (14-0) are heading to the NCAA Football Championship game, this Monday, January 8th, at 7:30 pm, to take on the #2 Washington Huskies (14-0) on ESPN.

The Wolverines defeated the #5 Alabama Crimson Tide (12-2, previously #4), 27-20, in overtime, making it to the Championship game (first time since 1997), in front of 96,371 fans.

The Wolverines have gone through a lot this season with head coach Jim Harbaugh being suspended for 6 games (3 in the begining and the last 3 games of the season, the first 3 were by the University of Michigan Athletics and the final 3 were for sign stealing allegations against the Wolverines). Additional photos on pg 11

Photo is head coach Jim Harbaugh raising the Rose Bowl trophy after defeating the Crimson Tide. Photo provided by the University of Michigan Wolverines Athletics Department.

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EL CENTRAL HISPANIC NEWS

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EL CENTRAL Sits Down with Governor Whitmer and Lt. Governor Gilchrist for Year-end Interview

EL CENTRAL Hispanic News was the only Hispanic-owned media outlet in Southeast Michigan to accept an invitation to meet with Governor Gretchen Whitmer and Lt. Governor Garlin Gilchrist when they made a recent visit to Detroit. The interview was conducted by EL CENTRAL freelance writer Andrea Meza who is a graduate of Wayne State University in broadcast journalism. Highlights of the interview follow.

EL CENTRAL: Thank you for being here, Governor and Lieutenant Governor, to give a chance for our readers at EL CENTRAL to learn about what you guys have been doing so far this year. First question I have here is about the Growing Michigan Together Council released some changes last week or improvements that stated educational improvements and opportunities. What recommendations do you believe are going to most impact our Latino residents here in Michigan? And also, there were no specifics to funding those initiatives. So how do you plan on funding those initiatives?

Gov. Gretchen Whitmer: So first, let me just say, I think that it's important for us as Michiganders to recognize that our population has been stagnant for a long time, decades, and we're not going to address this overnight. But as governor, I know that this is such important work and I wanted to get it started with these leaders with different expertise and political philosophies and disciplines to come together and go through the data and make some recommendations. In these recommendations, there are actions that the state should take. There are actions at the local level, some at the federal level, some in philanthropy and in the private sector as well. Think that this is an opportunity for us to really look at what we are doing and what we could or should consider doing more of. Let's just talk about education real quick. Five years in a row, we have delivered the biggest investment in education in Michigan history. We leveled out how much per pupil we allot for each child in Michigan. And then we built equity on top of that by putting a lot more money into English language learners, kids who are at risk, and kids with special needs.

This is how we built equity in. Now 1.4 million Michigan kids get free breakfast and lunch at school because we wanted to destigmatize the act of getting a free meal. These are all important aspects to of know the Latinx community here in Michigan, but also, I think, to the health and welfare of our economy, that we've got to meet the needs of our people and make sure that Michigan continues to be a welcoming state, a state that people move to for opportunity, whether they're moving from a state down South or from a country elsewhere. We want people to come to Michigan because this is where they will get protection and respect under the law and real opportunity for prosperity.

EL CENTRAL: And so (building) off of that, about, the population. There has been a rise in the population of Latino communities, as well as a rise in their engagement and their political influence. How do you hope to increase engagement at the local and state level?

Gov. Whitmer: I'm really grateful that we've got such a robust Latin community, a Latinx community. It's been something that I think is a really important part of our economy and our future. To make sure that Michigan is a place that we attract people and talent to, I appointed Poppy Hernandez, who is the head of Global Michigan. She is promoting, I think, policies that really make Michigan welcoming. And from her heritage and her point of view, I think that she's the perfect person to really stake out what policies we need here in Michigan to ensure that this beautiful community continues to grow. (To Lt. Gov. Gilchrist) Anything you want to add?

Lt. Governor Garlin Gilchrist II:

You know, we're seeing the Latino community grow in different parts of the state of Michigan and do so very quickly. And I think that's a good sign. It's showing that the work we're doing with our local partners is making more communities in Michigan feel welcoming. And the truth is, if you can see a pathway for your kids to get a great education, you can see a pathway to get a great job in a field or an industry that you care about and that you're trained in, and you can see just a future for your family. That's where you're going to want to be. And we want that to be true in every corner of Michigan, that the totality of our state is available to the Latino community to be able to thrive and to grow. And so certainly what comes with that then, is increasing participation and decision making processes at every level. And we care about everyone's input and perspective. That's why the governor and I have worked so hard to implement the will of the voters of Michigan who wanted to make voting more accessible to more people, to make sure you could cast a vote with confidence, have it counted with confidence, and making sure that there are no barriers that stand between you and your rights.

EL CENTRAL: And so some of our readers have expressed some frustrations with not having a Hispanic appointed judge yet. Is that a plan for the future?

Lt. Gov. Gilchrist: Yeah, absolutely. I think that one of the things that we've been able to do is have the most diverse cabinet in the state's history. We've made great strides on commissions and agencies and boards, but I'm always looking for great candidates as I think about the bench. And so I want to invite anyone who would like to apply and to be considered for upcoming vacancies and opportunities. Like I said, the first thing is getting your name in the mix. So I want to invite any of your listeners and viewers to submit theirs.

EL CENTRAL: You've recently signed the Statewide Meaningful Language Access Coordination act, which is about requiring state departments and agencies to take reasonable steps for helping the limited English residents. Aside from funding and support from the Office of Global Michigan to track the implementation by state agencies, is funding available for nonprofit providers who are the first source (of support for) limited English residents from Michigan?

Gov. Whitmer: That's a good question. I don't know off the top of my head, but certainly happy to circle back with you.

EL CENTRAL: Okay, let me jump down (to a question for the Lt. Governor). So you are an inspiring leader. You're a Detroit native, raising your family here in Detroit. What changes do you see in the administration that will greatly impact Detroit natives and create a generational wealth here in Detroit?

Lt. Gov. Gilchrist: Well, I think the first path toward building health and wellness is going to start with education and being healthy. Our administration has worked with local partners to make sure everyone has better access to healthcare in the city of Detroit and in the state of Michigan. The work that we did during the COVID-19 pandemic to close racial disparities, whether it was with the Black community or the Latino community, in terms of how people were impacted by COVID-19 has resulted in more health resources being available to more people. That means you can now be healthier as your family grows and prospers. My kids go to Detroit public schools. There's more money being invested in Detroit public schools than ever in the history of the state of Michigan. And that means better supported education professionals, (and) a wider array of education resources and programming available to kids across the city of Detroit. And as Detroit grows, so does Michigan. When folks are successful in Detroit, it's good for the state of Michigan. And so I'm proud to continue the progress on all of those efforts. And I know that it's going to make a big difference for our families in this part of Michigan and for the rest of the state.

Gov. Whitmer: Happy holidays. ¡Feliz Navidad!

EL CENTRAL:

Thank you both again.

This interview was made possible by the Race and Justice Reporting Initiative. The goal of the Initiative is to strengthen representative democracy by building trust between the news media and Black, Indigenous and Peoples of Color (BIPOC) communities.

Governor Gretchen Whitmer and Lt. Governor Garlin Gilchrist. Photo credit Alejandro Ugalde.

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BofA 2024 Student Leaders® Program Applications Now Open

Metro Detroit high school juniors and seniors looking for a rewarding paid summer internship are encouraged to apply by January 17, 2024

Bank of America is now accepting applications for the 2024 Student Leaders® program. This paid summer internship is an opportunity for metro Detroit students who have a passion for community engagement to connect with the tools and resources to make a positive difference.

Each year, the program connects more than 300 high school juniors and seniors from nearly 100 communities across the United States to employment, skills development and service. Students Leaders receive first-hand experience in serving their communities through a paid eight-week internship with local nonprofits. They also travel to Washington, D.C. for the national Student Leaders Summit to see how nonprofits, governments and businesses collaborate to meet local needs.

Launched in 2004, Student Leaders has been part of Bank of America's ongoing commitment to youth employment and economic mobility. The program helps prepare a diverse pipeline of community-minded young students to be successful in the workforce through leadership training and work experience.

"At Bank of America, we recognize that early employment and community engagement experience for youth lead to new opportunities and success later in life," said Matt Elliott, President, Bank of America Michigan. "We see our Student Leaders program as a win-win scenario, enhancing the students' capabilities for future careers and encouraging their sense of purpose to better understand the world around them and give back."

To become a Student Leader, students must be:

• A high school junior or senior in Wayne, Oakland or Macomb counties;

• Able to participate in an eight-week paid internship at a local nonprofit organization and work 35 hours a week, all while earning $17 per hour;

• Legally authorized to work in the U.S. without sponsorship through the end of September 2024;

• Able to participate in a week-long Student Leaders Summit in Washington, D.C. (July 22-27, 2024) with all expenses paid as part of their eight-week experience;

• A student in good standing at their school;

• Able to submit a letter of recommendation from a teacher, coach, guidance counselor or school administrator. (Students should contact their recommender as soon as possible to provide them with the requirements listed at the end of the application. The letter and application must be submitted by the January 17 deadline or through the link by the end of the day on Thursday, January 18.)

Prospective Student Leaders can apply online at www.bankofamerica.com/studentleaders

Bank of America 2023 Student Leaders

Motor City Match Hosting Info Sessions for Round 26 Applications

Do you have questions about Motor City Match and the Round 26 application process?

The Motor City Match team is hosting virtual information sessions before the Round 26 application deadline on January 15, 2024, with two remaining sessions scheduled in January.

These sessions will be held on:
•Wednesday, Jan. 10 at 10 AM
•Thursday, Jan. 11 at 6:30 PM
You can register at https://www.motorcitymatch.com/

Motor City Match is also hosting an in-person info session at Build Institute on Tuesday, Jan. 9 at 6 PM. You can register for that session from the Motor City Match website. See also the promotional flyer for the in-person info session on page 15.

MOTORCITYMATCH
DETROIT'S BUSINESS CHALLENGE

Celebrating the Life of Facundo Bravo, 1941-2023

By Armando Ojeda
Reprinted from the Michigan Hispanic Chamber of Commerce

Facundo Del Valle Bravo is truly a pivotal figure in the history of the Michigan Hispanic Chamber of Commerce because he was a driving force in the growth and development of the now thriving Latino business community in Southeast Michigan.

Facundo's leadership enabled the establishment of MHCC and the traditions MHCC continues to uphold. He served as Chairman of the Board in the early days of the Chamber and under his leadership, the first Hispanic Fiesta was launched bringing together Latino suppliers and their automotive manufacturing customers.

Facundo and his company, Uni Boring, was one the partner enterprises that joined with Carmen Munoz, Munoz Machine Products; Frank Venegas, Jr., Ideal Steel and Ric Gonzalez of Gonzalez Design & Engineering, to set the stage for the groundbreaking development of the Hispanic Manufacturing Center on the site of the former Cadillac plant on Clark Street in Southwest Detroit.

His many business and leadership accomplishments are significant when one considers that Facundo came to the United States as an immigrant from Argentina and didn't know the language or the customs. Like many other immigrants before him, he too, found employment at Ford Motor Company as a tool and die maker. This skill served to launch Uni Boring, one of the largest Hispanic owned manufacturing suppliers that grew to three facilities and employed over 1,000 workers.

I had the privilege of working with Facundo during my tenure as Executive Director of MHCC. He could always be counted on for his generosity and giving of his time, resources, and knowledge. He leaves us as members of MHCC and the larger Latino business community, with a legacy worthy of upholding.

Leadership of the Hispanic Manufacturing Center: Facundo Bravo, center standing, with Ric Gonzalez, seated, Frank Venegas and Carmen Munoz

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From the obituary published by Palm Royale Funeral Home & Cemetery on Dec. 6, 2023.

Facundo Del Valle Bravo was born in Cruz del Eje, Cordoba, Argentina on June 4, 1941. After a short battle with brain cancer, he passed away peacefully and surrounded by his family at his home in Naples, Florida on November 29, 2023. He was preceded in death by his parents Raul and Elvira Bravo, and his first wife Yolanda Ofelia Michel de Bravo. He is survived by his wife Nelida Ruiz Bravo, his daughters Sandra Christoson (Gary), Marisa Anderson (Tom) and Sabina Bravo Persons (Andrew), his stepdaughter Maria Norris, his stepson James Osuch (Georgia), and many grandchildren and great grandchildren, two older brothers and many other loving family members.

A memorial service was held on December 17, 2023 at Thrive Church in Highland, MI. In lieu of flowers, donations can be made to St. Jude Children's Research Hospital, St. Matthew's House, Naples, FL.

Guest Opinion:

Nuestro Distrito 6 "El Anahuac (Aztec)" de Detroit

By Rogelio Landin

Anahuac is the ancient core of Mexico. Anahuac is a Nahuatl name which means "close to water." It can be broken down like this: A(tl) + nahuac. Atl means "water" and nahuac, which is a relational word that can be affixed to a noun, means "close to." …Anahuac properly designates the south-central part.

Embracing this descriptor: Hispanics are to Southwest, as Southwest is to Detroit, as Detroit is to Michigan as Michigan is to the Mid-West, etc. We are geographically situated at the crossroads of I-96, I-94 & I-75, converging at the foot of two major international border crossings, The Gordie Howe, and The Ambassador Bridges. Together these crossings serve to connect three countries and two continents into one seamless economic hemisphere, representing an unrivaled quantity of global free trade agreements, creating boundless opportunity.

It matters not when or how you and/or your family came to settle here, you have arrived. Survey all that has been built and developed around you. Education, employment, and economic development have fortuitously come to us. Everything you could want, or need is within two miles of where we are. The most recent addition is the University of Michigan Center for Innovation, dedicated to preparing people to exploit the full potential of future technologies. (See the cover story in this issue). Just north in Mid-town, Henry Ford Health Systems "The Future of Health" development has completed its Community Benefits Agreement process. Wayne State University has a new President, Dr. Kimberly Andrews Espy, who came to us from San Antonio bringing with her an appreciation and cultural affinity and competence for our community. Add to this, Ford's restoration of the Michigan Central Station committed to Mobility and Electrification.

Just before the holidays, the Governor's "Grow Michigan" commission submitted its recommendations; number one, EDUCATION! Our community has been and will continue to strengthen our commitment to education for our children. Comprising virtually half of the population in our district and being part of the now largest and youngest minority group in the country, we have a unique responsibility to intentionally develop the talent and workforce to insure our city's, and by extension, our country's future. We have an opportunity to contribute to Michigan's growth by inviting others to come, to work and learn, from the city's Jumpstart program to the state's Reconnect program and everything in between. Every major state university and Wayne County Community College District has a presence within a mile of downtown.

Time and space do not permit a more detailed breakdown of reasons why you should want to be a part of this expansion. It is my hope that you will fully appreciate and realize the opportunities available to you/us to get involved by joining groups, organizations, and member associations to provide a more visible and vocal presence for our community.

I encourage you to please seize the opportunity to get involved and take full advantage of everything available to us; You too can make a difference!

Rogelio Landin is most renowned nationally for leading LULAC in the precedent setting successful filing of an Amicus in the Bradley v. Milliken II (1976-1978) desegregation case. Winning a favorable ruling in this case served to protect and preserve Bilingual education and the designation of minority status as included in the Civil Rights Act of 1964. This case has had generational national and historical implications for the education of our children and continues to provide for the protection of Hispanic civil rights.

EL CENTRAL
HISPANIC NEWS

**Michigan's #1 oldest, largest and only bi-lingual Hispanic news.
Multi-year winner of Jose Marti National Award for excellence in Editorial and Design.
Published in Metro Detroit since 1988.
Minority (Hispanic) and woman owned**

El Central informs and celebrates Metro Detroit's Hispanic and Latino/a community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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Special World's Cultures

Rosca de Reyes

Rosca de Reyes

The rosca de reyes, an icon of Mexican and Latin American traditions, is part of the festival celebrated today, January 6.

But where did it all begin? With Herod and with the wise men. Well, in principle, with the birth of Jesus.

It is said that on January 6, José and María received the visit of some wise men or magicians who came, from the East, who were later called the Magi. These sages had the revelation that the Messiah, the King of the Jews, had been born in Bethlehem of Judea, and they came with Gold, Myrrh and Incense to worship him.

The wise men of the East, came from different latitudes following the Star of Bethlehem, which indicated where they could find the newborn. For this, it is important to recognize that the kings were instructed in astronomy and astrology, maps and the understanding of the space-time relationship.

Upon reaching Bethlehem, the kings began searching from house to house for the newborn, asking if anyone knew where the King of the Jews was born. Herod was the one who reigned in Bethlehem of Judea, and when it reached the ears of him that some wise men were looking for the king of the Jews who had just been born. This awakened in Herod a deep sense of the threat to his kingdom. For this reason, he immediately sends an army to look for the newborn king of the Jews, an undertaking that he carried out without success, as no one gave him reason. Herod, enraged by it, makes a more radical decision by sending to kill all the children in Bethlehem under 2 years of age.

This reached the ears of Mary and Joseph, who hid Jesus and fled from Bethlehem, heading for Egypt.

Its origin as a piece of bread dates back to the Middle Ages in Spain, which is how it came to us.

Within Catholicism, different reinterpretations of the symbols and meanings of this culinary tradition have been carried out, among which the following are mentioned:

The Rosca by itself represents the crown of the King of the Jews, as well as the infinite love of God without beginning or end,

The crystallized dried fruits that adorn the bread, symbolize the gifts that the kings brought for Jesus. It's easy to place the symbol of jewelry, gold, myrrh and incense upon these fruits.

The hidden child is Jesus who had to be hidden by his parents to save him from Herod's hands as they fugitives to Egypt.

And yes, we could say that with this the Rosca de Reyes began, therefore, by splitting the thread we are looking to worship Jesus, the newborn King of the Jews.

Mariana Ayón RV

Tell them you saw it in Diles que lo viste en
EL CENTRAL

Recipe

Ingredients

1/2 cup of lukewarm water
1 on 2 ¼ teaspoons = 7 grams of active dry yeast
4 cups (equivalent to 565 grams or 20 ounces) of all-purpose flour plus a little more for dusting
3/4 of cup of sugar (170 grams)
3 large whole eggs
3 egg yolks mixed with 2 tablespoons of milk
1/4 teaspoon of salt
1 1/2 tablespoon orange extract
1 1/2 stick of unsalted butter, softened (equal to 170 grams or ¾ cup)
Extra butter to spread to the bowl and to the plastic with which the dough will be covered while it rests.
Zest of an orange
For decoration
1 egg yolk
3/4 cup all-purpose flour
6 tablespoons margarine
1/2 cup icing or powdered sugar
Nuts figs, candied orange, quince paste cut into strips and / or cherries
1 beaten egg for the glaze of the bread
1 tablespoon of milk or water
White sugar for dusting the bread
2 or 3 plastic dolls

Instructions

Place the warm water in a bowl and sprinkle with the yeast; Mix with a fork until the yeast dissolves and let it rest for 5 to 10 minutes. Add ½ cup of flour and mix; Cover the bowl with plastic wrap and let it sit in a warm place until doubled in volume (about 25 minutes).

In a large bowl, mix dry ingredients like flour, sugar, and salt first. Once mixed, add the eggs, the yolks mixed with the milk, the orange extract, the orange zest and the butter, and integrate everything very well, to add the yeast that you left to rest.

Place the dough on a floured surface and begin to work it into a smooth dough. (Don't add too much flour to this step as it will result in very dry bread.) The dough will be very moist and elastic.

Once the dough is soft and springy, place it in a buttered bowl, and cover with buttered plastic wrap for the first standing period as well. Let the dough rest in a warm place until doubled in volume (about 1 hour and a half). Make sure your kitchen feels warm to help the dough rise faster. In case the hour and a half has passed and the dough has not risen, leave it longer.

While the dough is resting, prepare the ingredients for the decoration: Mix the margarine with the icing or powdered sugar until it is creamy. Then add the flour and the egg yolk to form a smooth paste.

After the first resting time, put the dough on a lightly floured surface and knead lightly until it is integrated. Also, remember that it has to be a very loose and watery dough to be able to shape it into a round cushion and make a hole in the center in the shape of a large ring. Transfer the dough to a baking sheet - previously greased and floured to prevent sticking - and cover the dough with a buttered plastic wrap. (Be careful not to press the dough). Let stand in a warm place for 45 minutes while you gather the ingredients for the decoration and beat the egg very well with the milk or water for the varnish.

With the help of a kitchen brush, varnish the dough with the egg mixture twice. Stir the decoration strips with the icing sugar and decorate the dough. Put some of the dried fruit on the dough, pressing gently. Sprinkle the bagel with sugar and bake the first 10 minutes at 375 ° F (190 ° C); then reduce the temperature to 350 ° F (180 ° C), and bake 10 more minutes until the bread is a nice golden color. (The time may vary depending on your oven, some readers report baking up to 30 minutes)

Transfer the thread to a wire rack and let it cool. I insert the plastic dolls at the bottom.

ESPECIAL CULTURAS DEL MUNDO

Rosca de Reyes

Receta para Rosca de Reyes

Ingredientes

1/2 taza de agua tibia
1 sobre 2 ¼ cucharaditas = 7 gramos de levadura seca activa
4 tazas (equivalente a 565 gramos o 20 onzas) de harina de trigo y un poco más para espolvorear
3/4 de taza de azúcar (170 gramos)
3 huevos grandes enteros
3 yemas de huevo mezcladas con 2 cucharadas de leche
1/4 de cucharadita de sal
1 1/2 cucharada de extracto de naranja
1 1/2 barra de mantequilla sin sal ablandada (igual a 170 gramos o ¾ taza)
Mantequilla extra para untarle al tazón y al plástico con que se va a cubrir la masa mientras reposa.
Ralladura de una naranja

Para la Decoración

1 yema de huevo
3/4 de taza de harina para todo uso
6 cucharadas de margarina
1/2 taza de azúcar glass o pulverizada
Frutos secos higos, naranja confitada, ate de membrillo cortado en tiras y/o cerezas
1 huevo batido para el glaseado del pan
1 cucharada leche o agua
Azúcar blanca para espolvorear el pan
2 o 3 muñequitos de plástico

Preparación

Coloca el agua tibia en un tazón y espolvorea la levadura; mezcla con un tenedor hasta que la levadura se disuelva y déjala reposar de 5 a 10 minutos. Agrega ½ taza de harina y mezcla; cubre el recipiente con un plástico y deja reposar en un lugar cálido hasta que doble en volumen (aproximadamente 25 minutos).

En un tazón grande mezcla primero los ingredientes secos como la harina, el azúcar y la sal. Una vez mezclados, agrega los huevos, las yemas mezcladas con la leche, el extracto de naranja, la ralladura de naranja y la mantequilla, e integra todo muy bien, para agregar la levadura que dejaste reposar.

Coloca la masa en una superficie enharinada y comienza a trabajarla hasta obtener una masa suave. (No le pongas mucha harina en este paso ya que dará como resultado un pan muy seco). La masa deberá quedar muy húmeda y elástica.

Una vez que la masa esté suave y elástica colócala en un tazón untado con mantequilla, y cúbrela con plástico untado con mantequilla también para el primer período de reposo. Deja reposar la masa en un lugar cálido hasta que doble en volumen (aprox. 1 hora y media). Asegúrate de que tu cocina se sienta calientita para ayudar a que la masa esponje más rápido. En caso de que haya transcurrido la hora y media y la masa no haya subido, déjala más tiempo.

Mientras la masa está en reposo prepara los ingredientes para la decoración: Mezcla la margarina con el azúcar glass o en polvo hasta que esté cremosa. A continuación, añade la harina y la yema de huevo hasta formar una pasta homogénea.

Después del primer tiempo de reposo pon la masa sobre una superficie ligeramente enharinada y amasa ligeramente a que se integre. Además, recuerda que tiene que ser una masa muy floja y aguada para poder darle forma de un cojín redondo y hacer un agujero en el centro en forma de un anillo grande. Transfiere la masa a una charola para hornear — previamente engrasada y enharinada para evitar que se pegue— y cubre la masa con un plástico untado con mantequilla. (Ten cuidado de no presionar la masa). Deja reposar en un lugar tibio durante 45 minutos mientras reúnes los ingredientes para la decoración y bates muy bien el huevo con la leche o agua para el barníz.

Con la ayuda de una brocha de cocina barniza la masa con la mezcla de huevo dos veces. Revuelve las tiras para decoración con el azúcar glass y decora la masa. Pon un poco de la fruta seca sobre la masa presionando suavemente. Espolvorea la rosca con azúcar y hornea los primeros 10 minutos a 375°F (190°C); después reduce la temperatura a 350°F (180°C) , y hornea 10 minutos más hasta que el pan tenga un bonito color dorado. (Puede ser que el tiempo varíe dependiendo de tu horno, algunos lectores reportan haberla horneado hasta 30 minutos)

Transfiere la rosca a una rejilla y déjala enfriar. Inserto los muñequitos de plástico en la parte inferior.

Rosca de reyes

La rosca de reyes, un ícono de las tradiciones mexicanas e hispanoamericanas, es parte de la festividad celebrada día de hoy 6 de enero.

Pero, ¿dónde empezó todo? Con Herodes y con los reyes magos. Bueno, con el nacimiento de Jesús.

Se cuenta que el 6 de enero José y María recibieron la visita de unos Sabios o Magos

que venían, en principio, de Oriente, a quienes posteriormente se les llamó Reyes Magos. Estos sabios tuvieron la revelación de que el mesías, el Rey de los Judíos, había nacido en Belén de Judea, y venían a con Oro, Mirra e Incienso a adorarle.

Los sabios de oriente, habían salidos desde diferentes latitudes siguiendo la Estrella de Belén, la cual indicaba dónde podían encontrar al recién nacido. Para ello, es importante reconocer que los reyes estaban instruidos en la astronomía y astrología, mapas y el entendimiento de la relación espacio-tiempo.

Al llegar a Belén, los reyes comenzaron a buscar de casa en casa al recién nacido preguntando si alguien sabía dónde había nacido el Rey de los Judíos. Herodes era quien reinaba en Belén de Judea, y al llegar a sus oídos que unos sabios venían a buscar al rey de los judíos quien recién había nacido. Esto despertó en Herodes una profunda sensación de la amenaza a su poderío. A razón de ello, de inmediato manda a buscar al recién nacido rey de los judíos, empresa que llevó sin éxito, pues nadie le daba razón. Herodes, enrabietado por ello toma una decisión más radical enviando matar a todos los niños en Belén menores de 2 años.

Esto llegó a oídos de María y José, quienes ocultaron a Jesús y salieron huyendo de Belén, rumbo a Egipto.

Su origen como pieza de pan remonta a la Edad

Media en España, que fue cómo llegó a nosotros.

Dentro del catolicismo se han llevado a cabo diferentes reinterpretaciones de los símbolos de esta tradición culinaria, entre ellos:

La Rosca por sí misma representa la corona del Rey de los Judíos, así como el infinito amor de Dios sin principio ni fin,

Las frutas secas cristalizadas que adornan el pan, simbolizan los regalos que llevaron los reyes para Jesús. Se puede entender el símbolo de las joyas, del oro, la mirra y el incienso.

El niño escondido es Jesús quien tuvo que ser ocultado por sus padres para salvarlo de las manos de Herodes mientras salían fugitivos a Egipto.

Y sí, podríamos decir que con esto comenzó la Rosca de Reyes, por ello, al partir la rosca estamos buscando para adorar a Jesús, el recién nacido Rey de los judíos.

Mariana Ayón RV

Sigue cada semana en **EL CENTRAL** nuestro
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

con't de pg. 1 El transformado paisaje del Suroeste de Detroit

Esos planes tardaron meses en elaborarse e involucraron a cientos de residentes y representantes de empresas y organizaciones locales para visionar esos espacios residenciales, comerciales y públicos que se desarrollarían durante los siguientes años. La pandemia detuvo o paralizó muchos proyectos, pero el trabajo se reanudó y ahora se pueden ver pruebas del desarrollo de un extremo al otro del suroeste de Detroit.

En 2018, el Departamento de Vivienda y Revitalización de la ciudad de Detroit estableció objetivos a largo plazo de preservar (es decir, rehabilitar) 10.000 unidades y construir 2.000 nuevas asequibles para el año 2023. Según el informe más reciente del departamento, desde 2018, las asociaciones entre los promotores municipales y privados han conservado 9.500 unidades y construido 2.000 unidades de viviendas nuevas y asequibles. Los defensores de la vivienda argumentan que aumentar la oferta de viviendas decentes y asequibles es la forma más eficaz de satisfacer la demanda y mantener los precios de las viviendas lo más asequible posible.

Si bien las regulaciones federales de Vivienda Justa no permiten ningún trato preferencial a los solicitantes, en función de su proximidad o historial con los sitios del proyecto, EL CENTRAL mantendrá informados a nuestros lectores a medida que los desarrolladores publiquen información sobre el arrendamiento. Se anima a las personas interesadas en solicitar cualquiera de las unidades residenciales a responder con prontitud cuando la información sobre el arrendamiento esté disponible.

A partir de esta edición, EL CENTRAL lanza una serie continua que destacará los proyectos de desarrollo comunitario que actualmente se encuentran en construcción en el Suroeste de Detroit. Comenzaremos con una muestra de proyectos residenciales y de "uso mixto" a gran escala (más de $3 millones de costos totales de desarrollo) junto con el proyecto de infraestructura de mayor impacto en décadas: el Puente Internacional Gordie Howe, que se proyecta inaugurar en el cruce de la frontera, a finales de 2024 o principios de 2025.

Las futuras entregas de nuestra serie de desarrollo se centrarán en múltiples proyectos de construcción en Corktown, seguidas de una mirada a las "parcelas urbanizables" que son sitios privilegiados para futuros proyectos de desarrollo y los edificios que alguna vez fueron un orgullo, pero ahora están vacíos y que arruinan nuestra comunidad, usual propiedad de especuladores. -- sin planes realistas de reurbanización.

Por último, queremos saber de ustedes, nuestros fieles lectores, sobre proyectos de reurbanización más pequeños, pero no menos impactantes, que estén llevándose a cabo para transformar otras propiedades en el suroeste de Detroit. Para informarnos sobre su proyecto, escríbanos a info@elecentralmedia.com.

Traducción Carmen Elena Luna

con't from pg. 1 The Changing Landscape of Southwest Detroit

Those Framework plans were months in the making and engaged hundreds of residents and representatives of local businesses and organizations to envision residential, commercial and public spaces to be developed over the following years. The pandemic halted or stalled many projects but work has resumed and the evidence of development can now be seen from one end of Southwest Detroit to the other.

In 2018, the City of Detroit Housing and Revitalization Department set long-range goals of preserving (i.e., rehabbing) 10,000 units and building 2,000 new affordable units by the year 2023. According to the department's most recent reporting, since 2018, partnerships between the City and private developers have preserved 9,500 units and constructed 2,000 units of new, affordable housing. Housing advocates argue that increasing the supply of decent, affordable housing is the most effective way to meet demand and keep the prices for housing as affordable as possible in the city.

While federal Fair Housing regulations do not allow for any preferential treatment of applicants based on their proximity to or history with the project sites, EL CENTRAL will keep our readers informed as leasing information is released by the developers. Persons interested in applying for any of the residential units are encouraged to respond promptly when leasing information is made available.

Starting with this issue, EL CENTRAL is launching an ongoing series which will highlight the community development projects that are currently under construction in Southwest Detroit. We'll begin with a sampling of large-scale (over $3 million total development costs) residential and "mixed-use" projects along with the most impactful infrastructure project to come along in decades: The Gordie Howe International Bridge which is projected to open to cross border traffic in late 2024 or early 2025.

Future installments of our development series will focus on multiple projects under construction in Corktown, followed by a look at "developable parcels" that are prime sites for future development projects and the once proud but now vacant buildings that blight our community – often owned by speculators – with no realistic plans for redevelopment.

Lastly, we want to hear from you, our faithful readers, about smaller but no less impactful redevelopment projects that you are undertaking to transform other properties in Southwest Detroit. To let us know about your project, write us at info@elecentralmedia.com.

El transformado paisaje del Suroes

Development projects underway or planned in Southwest Detro

Gordie Howe International Bridge Project

Developer: Windsor-Detroit Bridge Authority/Bridging North America
Total Development Cost: $5.7 Billion CAN $4.4 Billion USD
Project Type: Public-Private Partnership

This international crossing is the largest and most ambitious binational infrastructure project along the Canada–United States border. It includes a new six-lane bridge across the Detroit River, associated border inspection plazas, and connections to the freeway systems in Ontario and Michigan. This project will provide a new alternative crossing for this vital trade corridor.

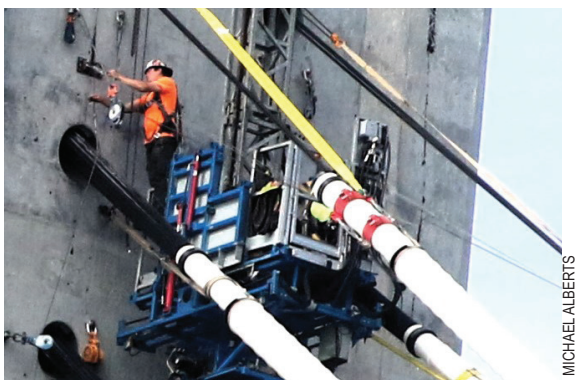
2023 marked the busiest year of construction on the project. Work on all four components of the project is being conducted simultaneously: Canada and US Points of Entry, the Michigan I-75 Interchange, and the bridge itself.

Activity over the past year has focused on completion of the towers on both sides of the border along with construction of the back span and deck of the bridge. Now complete, the towers stand at 220 metres (722 feet) in height. Work continues on the other components of the project including, the Canadian and US Ports of Entry and the Michigan Interchange. Currently work on all buildings located within the Ports of Entry is well underway along with construction on the structures such as toll canopies and inspection lanes. On the Michigan Interchange, work on the five pedestrian bridges as well as connecting ramps continues.

Information about opportunities for local contractors can be found by visiting the project website at https://www.gordiehoweinternationalbridge.com/en/work-with-bna.

The Gordie Howe International Bridge is forever changing the shared skyline between Windsor, Ontario and Detroit, Michigan, as can be seen with the towers clearly visible at key vantage points throughout the region. The Canadian tower is the tallest structure in the city of Windsor, while the US tower rivals the height of Detroit's tallest building, the 73-story center tower of the GM Renaissance Center.

EL CENTRAL readers can visit the project website www.gordiehoweinternationalbridge.com to stay up-to-date on this massive project's progress and follow on social media where the GHIB/WDBA shares regular updates and images from the construction site.



MICHAEL ALBERTS

WINDSOR-DETROIT BRIDGE AUTHORITY

WINDSOR-DETROIT BRIDGE AUTHORITY

Construction in progress at Gordie Howe International Bridge Project

Artist rendering of Gordie Howe International Bridge

Proyecto Puente Internacional *Gordie Howe*

Desarrolladores: Autoridad del Puente Windsor-Detroit/ Bridging North America
Costo total de desarrollo: $5.7 mil millones CAN $4.4 mil millones USD
Tipo de Proyecto: Asociación Público-Privada

El presente cruce internacional es el proyecto de infraestructura binacional más grande y ambicioso a lo largo de la frontera entre Canadá y Estados Unidos, que incluye un nuevo puente de seis carriles sobre el río Detroit, plazas de inspección fronteriza asociadas y conexiones a los sistemas de autopistas de Ontario y Michigan. Este proyecto proporcionará un nuevo cruce alternativo para este corredor comercial vital.

El 2023 marcó el año de mayor actividad en la construcción del proyecto. El trabajo en los cuatro componentes del proyecto se está llevando a cabo simultáneamente: los puntos de entrada de Canadá y EE. UU., el cruce de la I-75 de Michigan y el puente mismo.

El pasado año el proyecto se centró en la finalización de las torres a ambos lados de la frontera, junto con la construcción del tramo posterior y la plataforma del puente. Ahora completadas, las torres tienen 220 metros (722 pies) de altura. El trabajo continúa en los otros componentes del proyecto, incluidos los puertos de entrada de Canadá y Estados Unidos y el intercambio de Michigan. Actualmente, el trabajo en todos los edificios ubicados dentro de los puertos de entrada está en marcha junto con la construcción de estructuras como marquesinas de peaje y carriles de inspección. En el cruce de Michigan, continúan los trabajos en los cinco puentes peatonales y en las rampas de conexión.

Puede encontrar información sobre oportunidades para contratistas locales visitando el sitio web del proyecto en https://www.gordiehoweinternationalbridge.com/en/work-with-bna.

El Puente Internacional Gordie Howe está cambiando para siempre el horizonte compartido entre Windsor, Ontario y Detroit, Michigan; cómo se puede observar con las torres, en los puntos estratégicos claves de toda la región. La torre canadiense es la estructura más alta de la ciudad de Windsor, mientras que la torre estadounidense rivaliza en altura con el edificio más alto de Detroit: la torre central de 73 pisos del *GM Renaissance Center*.

Los lectores de EL CENTRAL pueden visitar el sitio web del proyecto www.gordiehoweinternationalbridge.com para mantenerse actualizado sobre el progreso de este enorme proyecto y seguirlo en las redes sociales donde GHIB/WDBA comparte actualizaciones e imágenes periódicas del sitio de construcción.

ste de Detroit / The Changing Landscape of Southwest Detroit

oit

La Joya Gardens

Developer: Cinnaire Solutions Corporation
with Southwest Detroit Business Association
Total Development Cost: $24 Million
Project Type: Mixed-Use & Mixed-Income

La Joya Gardens is located at 4000 W. Vernor Hwy. at Hubbard St. one block east of Clark Park. The development includes a mix of one- and two-bedroom apartments for a total of 53 units. 42 of the units will be affordable to households earning between 30% and 80% of area median income (AMI) and the remaining 11 units will be available to those earning above 80% AMI. Construction is currently in the structural framing phase with top out of the highest floor expected to occur early in the new year. Project completion is projected in or around September of 2024.

The development team is working with prospective commercial tenants to occupy the retail spaces on the ground floor, but there is nothing to announce yet. They are looking for businesses that will positively contribute to the Southwest Detroit neighborhood by providing needed services and amenities for residents and visitors alike. One 1,500 sq. ft. retail space will be set aside for entrepreneurs who do not yet have a brick and mortar location. The space will be shared by approximately three different businesses who will use the physical space to test out their goods, products and services. Interested businesses for the commercial spaces can reach out to Greg Mangan at SDBA at 313-283-6533 or gregm@southwestdetroit.com

Residential leasing will begin in the spring of 2024.

The development team and general contractor O'Brien Construction are working with SER-Metro-Detroit and their YouthBuild team members. These young adults are working alongside some of the contractors at La Joya Gardens to learn hands-on skilled trades.

The Brooke on Bagley

Developer: Woodborn Partners
Total Development Cost: $23 Million
Project Type: Mixed-use, mixed-income apartment building with residential, retail and parking

The Brooke on Bagley is a four-story, mixed-use, mixed-income apartment complex located at 2420 Bagley at 16th St. behind Michign Central and across from the popular Honey Bee Market. The development features 78 units including 16 units that will be available to renters at 80% AMI and below. The complex will also include nearly 2,000 square feet of retail, EV charging stations, access to a conference room for community organizations and plenty of in-unit and common area amenities.

Construction is well underway and completion is expected in May 2024. The development team will soon be hiring property management professionals including a property manager and porter and a coffee shop is currently planned among other retailers on site.

Residential lease applications will open in January with move-ins planned for May 2024. For more information, EL CENTRAL readers can visit www.thebrookedetroit.com, email thebrooke@woodborn.com or call 313-572-1453

O'BRIEN CONSTRUCTION COMPANY

Construction in progress at La Joya Gardens

WOODBORN PARTNERS

WOODBORN PARTNERS

Construction in progress at The Brooke on Bagley

La Joya Gardens

Desarrolladores: *Cinnaire Solutions Corporation*
con la Asociación Empresarial del Suroeste de Detroit
Costo total de desarrollo: $24 millones
Tipo de proyecto: uso mixto e ingresos mixtos

La Joya Gardens está ubicado en 4000 W. Vernor Hwy. en la calle Hubbard , una cuadra al este del parque Clark. El desarrollo incluye una combinación de apartamentos de una y dos habitaciones con un total de 53 unidades, 42 de ellas, asequibles para hogares que ganen entre el 30% y el 80% del ingreso medio del área (AMI) y las 11 restantes estarán disponibles para quienes ganen más del 80% del AMI. La construcción se encuentra actualmente en la fase estructural y se espera que la finalización del piso más alto se lleve a cabo a principios del año nuevo y la finalización del proyecto se prevé para alrededor de septiembre de 2024.

El equipo está trabajando con posibles inquilinos, para ocupar los espacios comerciales en la planta baja, pero aún no hay nada que anunciar. Se buscan negocios que contribuyan positivamente al vecindario del suroeste de Detroit brindando servicios y comodidades necesarias tanto para los residentes como para los visitantes. Se reservará un espacio comercial de 1,500 pies cuadrados para empresarios que aún no tienen una ubicación física. El espacio será compartido por aproximadamente tres empresas diferentes que utilizarán el espacio físico para probar sus bienes, productos y servicios. Las empresas interesadas en los espacios comerciales pueden comunicarse con Greg Mangan en SDBA al 313-283-6533 o gregm@southwestdetroit.com.

El arrendamiento residencial comenzará en la primavera de 2024.

El equipo de desarrollo y el contratista general *O'Brien Construction* están trabajando con SER-Metro-Detroit y los miembros de su equipo YouthBuild. Estos jóvenes adultos están trabajando junto con algunos de los contratistas de La Joya Gardens para aprender oficios prácticos.

Artist rendering of La Joya Gardens

Note: AMI means Area Medium Income. For a family of four, 80% AMI equals an annual household income of $75,750 while 30% AMI for a two-person household equals $22,750. Source: Detroit-Warren-Livonia MI HUD Metro PMR Area

El Brooke en Bagley

Desarrollador: Woodborn Partners
Costo total de desarrollo: $23 millones
Tipo de proyecto: Edificio de apartamentos de uso mixto y de ingresos mixtos con uso residencial, comercial y estacionamiento.

El Brooke en Bagley es un complejo de apartamentos de cuatro pisos, de uso mixto y de ingresos mixtos ubicado en 2420 Bagley en 16th St., justo detrás de Michigan Central y frente al popular Supermercado Honey Bee. El proyecto cuenta con 78 unidades, incluidas 16 unidades que estarán disponibles para inquilinos al 80% del AMI o menos. El complejo también incluirá casi 2000 pies cuadrados de tiendas minoristas, estaciones de carga para vehículos eléctricos, acceso a una sala de conferencias para organizaciones comunitarias y muchas comodidades en la unidad y en áreas comunes.

La construcción está en marcha y se espera que finalice en mayo de 2024. El equipo de desarrollo pronto contratará profesionales de administración de propiedades, incluido un administrador de propiedades y un portero, y actualmente está prevista una cafetería, entre otros minoristas en el lugar.

Las solicitudes de arrendamiento residencial se abrirán en enero y las mudanzas están previstas para mayo de 2024. Para obtener más información, los lectores de EL CENTRAL pueden visitar www.thebrookedetroit.com, enviar un correo electrónico a thebrooke@woodborn.com o llamar al 313-572-1453.

Traducción por Carmen Elena Luna

Artist rendering of The Brooke on Bagley

Lions Hosting A Playoff Game !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

The Detroit Lions (11-5) played the Dallas Cowboys (11-5) this past Saturday.

The Lions lost to the Cowboys 19-20.

The Detroit Lions had a controversial call, made against them after going for a 2-point try at the end of the 4th quarter that would have put them ahead of the Cowboys 21-20.

The Detroit Lions host the Minnesota Vikings, this Sunday, January 7th, at 1:00 pm (FOX).

The Lions won the NFC North division, by defeating the Minnesota Vikings, on December 24th, and will host a playoff game at Ford Field (first time at Ford Field).

It has been 30 years since the Lions have won the Division, and host a playoff game.

The NFL Playoffs being on Saturday, January 13th.

Photos below are highlights from the Detroit Lions vs. Dallas Cowboys

Photo provided by the Detroit Lions

Detroit Lions head coach Dan Campbell, fist bumps Lions QB #16 Jared Goff, during the game. Goff was 19 for 34 for 271 yards with 1 TD and 2 INTs

Detroit Lions RB #5 David Montgomery scores a TD. Montgomery had 14 carries for 65 yards with 1 TD

Detroit Lions S #6 Ifeatu Melifonwu, intercepts a ball that was meant for Dallas Cowboy WR #88 CeeDee Lamb. Lamb had 1 carry for 5 yards and 13 receptions for 227 yards with 1 TD

Detroit Lions S #6 Ifeatu Melifonwu, S #31 Kerby Joseph, and CB #1 Cameron Sutton gang tackle Dallas Cowboy WR #88 CeeDee Lamb

Detroit Lions DE #97 Aidan Hutchinson sacking Dallas Cowboys QB #4 Dak Prescott

ANOTHER BUSY YEAR UNDERWAY

EL CENTRAL HISPANIC NEWS SPORTS

Pateando la No. 5

David Levine
EL CENTRAL

2024 looks to be an exciting year with lots going on locally, nationally, and globally. The buildup to the start of serious competitive football gets underway so early in the year, there is barely a pause to catch one's breath during the holidays.

Prior to everyone taking a well-deserved breather, big news came locally that Detroit City FC had hired a new coach. Danny Dichio will be jumping into DCFC's third season in the USL Championship, having watched the club make the playoffs in their first year and then repeat the feat in 2023, adding on a massive upset win in Pittsburgh. Dichio's task in 2024 will be to build upon that accomplishment by working to get the same core team to create and finish more scoring opportunities while maintaining the defensive solidity that has been the team's hallmark. Thousands of fans at Keyworth would love to set off more smoke bombs for more home goals during the new season.

Nationally, the country's top division has courted more stars and more controversy. Lionel Messi continues to recruit more of his aging friends to Miami. Uruguayan striker Luis Suarez has already been announced as one incoming veteran. That will make four Barcelona old boys together. Rumors have the great man looking for defensive help in Argentina, too. Defender Marcos Rojo is allegedly on Inter Miami's shopping list. A former Argentina international, Rojo is currently with Boca Juniors and would be a big help to Miami's back line.

Major League Soccer, in addition to facilitating Messi's every desire, made negative headlines by attempting to derail the Lamar Hunt US Open Cup. The nations oldest club competition, launched in 1914, is the one tournament that brings together all levels of the game in a single elimination tournament. MLS teams have regularly fielded weakened teams in the early rounds against lower division competition. That has resulted in some spectacular upsets, or "cupsets." Commissioner Don Garber isn't a fan of seeing his teams lose to what he feels are teams in inferior leagues, on inferior playing surfaces, in stadiums for which his league does not control revenue or broadcasting.

MLS' attempted putsch failed in stunning fashion as the league failed to read the room. Media and fans across the country rounded on Garber and the league with more extensive coverage than the league ever gets in the offseason. Garber's first move was to declare that the MLS NEXT PRO teams would take the cup spots of MLS sides. US Soccer firmly pointed out the league's obligation to field their first teams, based on US Soccer's competitive rules and sanctioning guidelines for pro leagues. Garber and company walked back their declaration under heavy attack from all sides. File this under "to be continued" as the league and federation jockey for position in the battle for the future of the sport in the US.

On the international front, this is the year of continental championships. UEFA, Africa, Asia, and the Americas will be playing for continental glory this year. Africa and Asia are up first in January and February. UEFA and the Americas have booked the summer. For the United States, this year will also include a trip to Paris for the Summer Olympics, the first time since 2008 the US men have qualified for the Olympic Games.

Preparations for the Olympics begin at the end of this week when Gregg Berhalter and Olympic coach Marko Mitrovic will open a training camp which will primarily be MLS players eligible for the Olympics. That will also include some of the candidates for the three overage spots on the rosters. The Olympics limits teams to 20 players, so versatility will be key. The camp will end with a friendly against Slovenia in San Antonio on January 20.

The USA will also have the CONCACAF Nations League semifinals and final in March. The US will meet Jamaica in the semifinal and hope to play either Mexico or Panama in the final. During June and July, the USA will host the Copa America and meet Bolivia, Panama, and Uruguay in the group phase.

It's not just the American men who will be in serious action this year, though. The women are trying to rebuild after their stunning collapse at the 2023 Women's World Cup in Australia and New Zealand. When current Chelsea manager Emma Hayes arrives after the European season, the team will complete the turnover from the generation that won back-to-back World Cups in 2015 and 2019. Young, exciting stars like Trinity Rodman, Catarina Macario, and Sophia Smith will be among the players looking to lead a new-look team in Paris. Before Hayes arrives, the women will defend their Gold Cup title in February/March. They will play Argentina, Mexico, and a playoff winner in the group phase.

The brief holiday break was just enough to whet the appetite for a big year of action at every level of the game. There will be games upon games without much of a break until next December. So much to look forward to this year. Let's go!

Championship Game Bound !!!

Photos courtesy of the University of Michigan Wolverines Athletics Department

Wolverines head coach Jim Harbaugh, prepares to lead his Wolverines onto the field at the Rose Bowl game

Wolverines RB #2 Blake Corum making a play against the Crimson Tide. Corum had 19 carries for 83 yards with 1 TD and 2 receptions for 35 yards with 1 TD

Wolverines QB #9 J.J. McCarthy passing against the Crimson Tide. McCarthy was 17 for 27 for 221 yards with 3 TDs, and had 3 carries for 25 yards

Wolverines WR #1 Roman Wilson making a play against the Crimson Tide. Wilson had 4 receptions for 73 yards with 1 TD

EDITORIAL OPINION

"Is the Border problem unsolvable?"

By Raoul Lowery Contreras

2023 was quite a year for hundreds of thousands of migrants from all over the world that have descended on the U.S./Mexican border to enter the United States of America.

It was terrible for the 20 thousand-agent U.S. Border Patrol that is overwhelmed by hundreds of thousands of people who cross the border illegally then look for Border Patrol agents to surrender to so they can ask for asylum.

Up the pecking order, the ultimate blame for the massive problem of illegal border crossers is not the Border Patrol, they have traditionally been bad at their work. No, the ultimate blame lies with mostly college educated congress people. The Constitution mandates they do immigration.

Sharing the blame must be the President of the United States who, in this case, apparently never learned that the "President proposes, Congress disposes."

Please note: The blame is not Joe Biden's alone. Donald Trump aggravated the problem with his futile efforts to build a "beautiful wall" that Mexico would "pay" for. He never stopped illegal border crossers. The only thing he did was to aggravate the problem by forcing migrants to "wait" on the Mexican side of the border to apply for asylum while he violated federal law by splitting children off from their families. He wasn't alone.

The "deporter in chief" President Barack Obama actually deported more people than Trump. He also split families at the border before Trump. The only good thing Obama did on immigration was to create the "Dreamer" program that "paroled" people brought into the U.S. illegally as children. Obama issued work permits to qualified "Dreamers" so they could work and/or attend school and college while they were processed for legal status.

That effort is supported by a large majority of Americans, including Republicans. Unfortunately it was not energetically supported by President Obama, its creator. The House supported the Dreamer bill but it missed senate approval by five Democratic Party senators voting no. 55 yes votes including Republicans, five short, five Democrats short.

Obama and Senator Harry Reid, the longtime Mexican hater from Nevada, did nothing to bring those five Senators into the yes column which would have made the Dreamer program law. They did nothing.

Reid retired from the senate and died. Obama is retired -- per the Constitution -- and never discusses his shortcomings as President like organizing then abandoning the "Dreamer" program. Young man Joe Biden, 20 months younger than me, doesn't seem to have the energy to either push the Dreamer program, handle the border or to ask the President of Mexico to meet him at the border to organize something to solve the border crisis.

On the other side of the political equation in the U.S. Republican Florida governor Ron DeSantis appears too stupid to discuss the border. His efforts on the subject are chasing Mexicans away from Florida. They are fleeing from Florida agricultural jobs because DeSantis signed laws that would jail Catholic priests from driving an ill Mexican illegal to a hospital. As all Mexicans look alike to DeSantis…

Republican "Presidential" candidate Vivek Ramaswammy is dumber than DeSantis so nothing intelligent comes from him on the migrant situation. I wonder if he knows that his people were forbidden from immigrating to America because of their race until 1952.

Chris Christy won't survive the New Hampshire primary.

As for Nikki Halley, she might do something good. She is, after all, a lot smarter than Biden, DeSantis and Ramaswammy combined; moreover, she has more courage -- more guts -- than all of them combined. Proof, no Confederate flag at South Carolina's statehouse.

That leaves Donald J. Trump and 44 separate criminal charges filed by the United States against him plus 47 criminal state charges in New York and Georgia. He's too busy fending off prison to be truly concerned about illegal border crossers.

They are committing misdemeanors while Trump is fighting felony charges and long prison terms.

Opinions in this column are not necessarily those of the Publisher or Editor

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EL CENTRAL
HISPANIC NEWS

Salud/*Health*

Why You Shouldn't Brush Off the Dentist This Year

(StatePoint) When scheduling annual physicals, screenings, vaccinations and other preventive care, don't forget about another critical part of overall health that gets neglected all too often: dental care.

A recent study from the National Library of Medicine revealed that nearly half of American adults postponed their scheduled dental visits during the pandemic. Even prior to the public health emergency, at least one-third of U.S. adults didn't see their dentist annually.

"Now is a great time to schedule an appointment with your dentist," says Dr. Cary Sun, chief dental officer, Cigna Healthcare. "Brushing off dental care can have serious implications for your health and wellness. Even forgoing recommended teeth cleanings can lead to gingivitis, gum disease and cavities. This can also escalate into bigger problems, like the need for root canals or crowns, or even tooth loss."

Even with dental insurance, extensive treatments can amount to thousands of dollars in out-of-pocket expenses, compared to little or no out-of-pocket expense for preventive care, such as exams and cleanings. A recent study found that high out-of-pocket costs are the top reason people delay dental care – a good reason to see the dentist for an annual checkup sooner rather than later.

Studies also show that oral health has connections to overall health, including an impact on cardiovascular health. Research links gum disease to inflammation that can come before heart attacks, strokes and sudden vascular events, according to Penn Medicine.

With all this in mind, review your dental plan for available benefits. Don't have dental insurance? Dental plans can be purchased year-round and there are many affordable options. If you have a comprehensive plan through your job, it may cover care such as exams and cleanings, and other necessary treatments like crowns, root canals, gum therapy, extractions and orthodontics (braces).

If you are between jobs or self-employed and are in need of a dental plan, online tools can help you comparison shop, and brokers can help you purchase an individual dental plan. You can also contact insurers directly to learn more about their options for individuals.

Finally, if you are afraid to see a dentist – which millions of Americans are – there are plenty of ways to address that, too. Many dentists accommodate fearful patients, offering headphones, sunglasses and other items to soothe anxieties. There are also new approaches, such as teledentistry, that allow you to see a dentist at home through

imaging and communication technologies. This doesn't replace in-person care, but can help allay dental fears.

For those with dental plans through Cigna Healthcare, Cigna Dental Virtual Care is available through its partnership with dental.com, which provides a nationwide network of on-call, in-network dentists 24/7. Using this platform, Cigna Healthcare customers can get a video consultation, and licensed dentists can triage urgent situations such as pain, infection and swelling, and prescribe medications including antibiotics and non-narcotic pain relievers.

Cigna Dental customers can also use their smartphones to screen for potential oral health issues anytime and at no cost. Powered through its dental.com partnership, a new technology called SmartScan provides step-by-step instructions to help patients take guided photos of their teeth and mouth. While not a replacement for an in-person dental examination, SmartScan analyzes the photos to identify potential issues such as plaque buildup, possible cavities or tooth damage.

More information is available at cigna.com and cignadental.com.

"It's a perfect time to take control of your oral health. Innovations in dental care make it easier than ever to gain peace of mind from a checkup, or to catch the little problems before they become major, painful and expensive ones," says Dr. Sun.

Consejos para apoyar su salud metabólica en el nuevo año

(StatePoint) Al programar exámenes físicos anuales, exámenes de detección, vacunas y otros cuidados preventivos, no se olvide de otra parte fundamental de la salud general que se descuida con demasiada frecuencia: el cuidado dental.

Un estudio reciente de la Biblioteca Nacional de Medicina reveló que casi la mitad de los adultos estadounidenses pospusieron sus visitas dentales programadas durante la pandemia. Incluso antes de la emergencia de salud pública, al menos un tercio de los adultos estadounidenses no visitaban al dentista anualmente.

"Ahora es un buen momento para programar una cita con su dentista", dice el Dr. Cary Sun, director dental de Cigna Healthcare. "Ignorar el cuidado dental puede tener graves implicaciones para su salud y bienestar. Incluso renunciar a las limpiezas dentales recomendadas puede provocar gingivitis, enfermedades de las encías y caries. Esto también puede derivar en problemas mayores, como la necesidad de endodoncias o coronas, o incluso la pérdida de dientes".

Incluso con un seguro dental, los tratamientos extensos pueden ascender a miles de dólares en gastos de bolsillo, en comparación con los pocos o ningún gasto de bolsillo para la atención preventiva, como exámenes y limpiezas. Un estudio reciente encontró que los altos costos de bolsillo son la razón principal por la que las personas retrasan la atención dental, una buena razón para acudir al dentista para un chequeo anual más temprano que tarde.

Los estudios también muestran que la salud bucal tiene conexiones con la salud general, incluido un impacto en la salud cardiovascular. Según Penn Medicine, las investigaciones vinculan la enfermedad de las encías con la inflamación que puede aparecer antes de los ataques cardíacos, los accidentes cerebrovasculares y los eventos vasculares repentinos.

Con todo esto en mente, revise su plan dental para conocer los beneficios disponibles. ¿No tienes seguro dental? Los planes dentales se pueden comprar durante todo el año y existen muchas opciones asequibles. Si tiene un plan integral a través de su trabajo, puede cubrir cuidados como exámenes y limpiezas, y otros tratamientos necesarios como coronas, endodoncias, terapia de encías, extracciones y ortodoncia (frenos).

Si se encuentra entre trabajos o trabaja por cuenta propia y necesita un plan dental, las herramientas en línea pueden ayudarlo a comparar precios y los corredores pueden ayudarlo a comprar un plan dental individual. También puede comunicarse directamente con las aseguradoras para obtener más información sobre sus opciones para individuos.

Por último, si tiene miedo de ver a un dentista (lo que les ocurre a millones de estadounidenses), también hay muchas maneras de abordarlo. Muchos dentistas se adaptan a los pacientes temerosos y les ofrecen auriculares, gafas de sol y otros artículos para calmar la ansiedad. También existen nuevos enfoques, como la teleodontología, que permiten ver a un dentista en casa a través de tecnologías de imágenes y comunicación. Esto no reemplaza la atención en persona, pero puede ayudar a disipar los temores dentales.

Para aquellos con planes dentales a través de Cigna Healthcare, Cigna Dental Virtual Care está disponible a través de su asociación con dental.com, que proporciona una red nacional de dentistas de guardia dentro de la red las 24 horas, los 7 días de la semana. Con esta plataforma, los clientes de Cigna Healthcare pueden obtener una consulta por video y los dentistas autorizados pueden clasificar situaciones urgentes como dolor, infección e hinchazón, y recetar medicamentos, incluidos antibióticos y analgésicos no narcóticos.

Los clientes de Cigna Dental también pueden usar sus teléfonos inteligentes para detectar posibles problemas de salud bucal en cualquier momento y sin costo alguno. Impulsada a través de su asociación dental.com, una nueva tecnología llamada SmartScan proporciona instrucciones paso a paso para ayudar a los pacientes a tomar fotografías guiadas de sus dientes y boca. Si bien no reemplaza un examen dental en persona, SmartScan analiza las fotografías para identificar problemas potenciales como acumulación de placa, posibles caries o daños en los dientes.

Hay más información disponible en cigna.com y cignadental.com.

"Es un momento perfecto para tomar control de su salud bucal. Las innovaciones en el cuidado dental hacen que sea más fácil que nunca obtener tranquilidad con un chequeo o detectar los pequeños problemas antes de que se conviertan en problemas mayores, dolorosos y costosos", dice el Dr. Sun.

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